

HOW CAN MENTAL HEALTH SERVICES WORK MORE EFFECTIVELY ALONGSIDE YOUNG ASIAN NEW ZEALANDERS (YANZ)?



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1

INTRODUCTION



2

RATIONALE FOR RESEARCH



Problem: Cultural stigma + unsafe services = lower service use

Answer: YANZ voice

3

RESEARCH

1 hr interviews with 6
"Young Asian New Zealanders":

- Chinese, Vietnamese, Filipino, Indian
- 19-24 (14-24)
- Female (5), Male (1)
- 1st and 2nd generation
- Range of mainstream face-to-face services used



BECK, C.

4

THE YANZ BACKSTORY



HORWICH, K.

"I was raised in that way that mental health was just for people who had 'problems'".
(Daniel*)

* - pseudonyms used for all participants

5

THE YANZ BACKSTORY



ZHANG, G.

"I think society has a really weird view of our culture and who we are. Like, even in terms of the fact that I don't feel Asian because they don't see me as 'Asian'." (Naomi)

* - pseudonyms used for all participants

6

THE YANZ BACKSTORY

"If I don't get help, I suffer on my own, and if I [do] I'm kind of lost." (Jenny)



U.M. E.

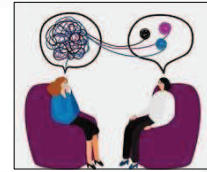
* - pseudonyms used for all participants

7

1 - YOUTH-FRIENDLY SERVICES



ENGLAND, B.



Informative. Accessible. Empowering.
Safe. Person-Centered.

* - pseudonyms used for all participants

8

2 - CULTURAL NAVIGATORS & RESOURCES

"Talking to someone from your culture is going to be the most helpful thing..." (Naomi)



"I probably would have liked...a bit more... 'this is the person, this is their name, this is their background' ...just because it's quite a Western idea that that doesn't matter and they're doing their job? Whereas for a lot of communities background matters." (Azar)



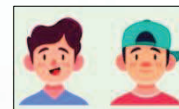
* - pseudonyms used for all participants

9

3 - CULTURAL TRAINING FOR STAFF

"Helping [staff] understand before they *have* to understand somebody's culture, their specific community, how family bonds tend to be and what they value, [would be helpful]."

(Naomi)



* - pseudonyms used for all participants

10

4 - FAMILY SUPPORT

"I had this huge fear that they were gonna tell my parents... and despite none of them doing that it was something in the back of my head." (Jess)



* - pseudonyms used for all participants

11

4 - FAMILY SUPPORT

"I think it might be best to get someone of the same culture to explain it, because it's kind of intrusive if it feels like somebody else is saying 'your culture's wrong by the way' (laughs). No, it's just... 'here's what's happening, and we could try this.'" (Azar)



LEVINE, G.

* - pseudonyms used for all participants

12

5 - COMMUNITY COLLABORATION & SUPPORT

"I think that they could hold information nights? ...so that Asian parents have to sit down...and they can understand." (Diya)

"[Showing that services are] able to accommodate other people who were not raised here or who were not born here [is important] ...making people know that...it's open to everyone. (Daniel)"



* - pseudonyms used for all participants

13

6 - DRAW FROM TIKANGA MĀORI



"It's nice to have a working model...like Te Whare Tapa Whā...I think what makes it so effective is you can easily mould it into what you want." (Jenny)

* - pseudonyms used for all participants

14

WHAT CAN THIS LOOK LIKE IN PRACTICE?

1. Staff encouraged and resourced to **enhance understanding** of the experiences and worldviews of Asian New Zealanders (and Asian culture in general).
2. **Establish partnerships** with YANZ and members of Asian communities who can act as cultural advisors and collaborators in supporting Asian young people, families and communities.



15

WHAT CAN THIS LOOK LIKE IN PRACTICE?

3. Use **resources and processes** that visibly reflect and acknowledge a diverse range of identities and needs, including YANZ and their families.
4. **Draw from Tikanga Māori frameworks and approaches** in caring for YANZ.



ANKER, E.

16

WHAT DIFFERENCE WOULD IT MAKE?



UM, E.



CONNECTED. COMFORTABLE. HEARD. UNDERSTOOD.

17

FURTHER RESOURCES

Te Pou (2009). *Talking Therapies for Asian People*.
<https://www.tepou.co.nz/resources/talking-therapies-for-asian-people/149>

Asia NZ Foundation (2019). *Asia and Asian Peoples from a Te Ao Māori Perspective*.
<https://www.asianz.org.nz/our-resources/reports/asia-and-asian-peoples-from-a-te-ao-maori-perspective/>

Where Are You Really from? <https://www.facebook.com/whereareyoufromreally/>

NZ Asian Family Services. <https://www.facebook.com/NZAFS/>

Hi Anxiety. <https://www.youtube.com/channel/UCyRCiQy2f28VvuMu9di3REA>

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18